



Anger Management Techniques

TASK: Learn anger management techniques.

CONDITIONS: Discussion - Question Based.

STANDARDS: Understand anger management techniques.

REFERENCE(S): <http://www.apa.org>
<http://www.anger-management-techniques.org/>



Anger Management Techniques

Discuss what anger is.

(DISCUSSION) Ask the Soldiers what anger is.

- Anger is an emotional reaction and can vary from being upset to becoming enraged.
- Anger can be caused by many factors both internal and external.
- When you become angry you increase your heart rate and blood pressure.



Anger Management Techniques

Managing your anger – Take a Timeout.

(DISCUSSION) Ask the Soldiers what a time out is and the benefits it can have.

- Taking a timeout is a good way to internally manage your anger. Taking a timeout helps you refocus on the situation before you lose control.

- Take a few moments to breathe deeply and count to 10.
 - Allows you to defuse your temper and prevents you from exploding.
 - If necessary leave the person or area until you calm down.



Anger Management Techniques

Managing your anger - Exercise.

(DISCUSSION) Ask the Soldiers what the benefits are to exercising for managing anger.

- Exercise is a good way to release anger appropriately. Exercise can assist you in controlling your temper and also help you achieve good health.
- Physical activity can provide an outlet for your anger.
- If you feel your self becoming angry go for a walk or run, or spend some time doing your favorite physical activity.
- Physical activity stimulates your body and leaves you feeling more relaxed.



Anger Management Techniques

Focus on solutions.

(DISCUSSION) Ask the Soldiers how to focus on solutions instead of problems.

- Focusing on the solution helps you redirect your anger in constructive manner. By doing this you can become a stronger individual or member of a team.
- Focus on the solutions, not problems.
- Allows you and others involved to resolve problems.
- Helps you to become a better problem solver and complete tasks more efficiently.



Anger Management Techniques

Recognize your triggers.

(DISCUSSION) Ask the Soldiers what their triggers are and how they recognize them.

- Learn how to recognize what makes you angry. If you do this you will be prepared to react to a situation without becoming angry.
- Make a list of things, people, and places that make you angry.
- Write down ways to avoid becoming angry for your triggers.
- This allows you to be one step ahead of your anger and helps you gain control of it.